

Claims:

1. (original): An adapter for customizing garments through mass addition,
according to characteristics of the wearer relating to balance or athletic
390 performance, comprising: a mass carrier configured to mate with the garments
and adapted to receive mass elements which are selectable in mass or amount
and positionable within the carrier in accordance with such balance and
performance characteristics.
2. (original): The adapter of claim 1 wherein the mass carrier comprises a body
395 having a plurality of spaced openings, each opening being suited for selective
receipt of a mass element to customize the mass distribution.
3. (original): A garment customizable to the balance and athletic performance
characteristics of the wearer, through selective receipt of a mass element or
elements, and which can be used to position the mass element or elements at
400 locations on the wearer's body which affect balance and performance
characteristics.
4. (withdrawn): An adapter of claim 3 wherein the method of receipt of a mass
element is to receive a mass carrier per claim 1.
5. (withdrawn): An adapter of claim 3 wherein the method of receipt of a mass
405 element is to receive a mass carrier per claim 2.
6. (original): A method for determining the customized mass addition
requirements for balance modifying garments that improve athletic
performance comprising the steps of: measuring components of balance for
one or more users of the garments; comparing the measured components of

- 410 balance to a predetermined reference that is those components of balance
desired, and modifying the mass additive characteristics of the garments to
change the components of balance of each associated user to achieve those
desired.
7. (original): The method of claim 6 wherein the method of measuring
415 components of balance is done through measurement of muscle development
affected by specific components of balance.
8. (original): The method of claim 6 wherein the method of measuring
components of balance is done through measurement of posture affected by
specific components of balance.
- 420 9. (original): A method for determining the customized mass addition
requirements for balance modifying garments that improve athletic
performance comprising the steps of: measuring performance characteristics
affected by components of balance for one or more users of the garments; and
modifying the mass additive characteristics of the garments to change the
425 performance characteristics of each associated user to achieve those desired.
10. (original): The method of claim 9 wherein the performance characteristics
affected by components of balance are defined as those performance
characteristics affected by mass addition to locations on the body that affect
components of balance.

430